Blue H - Navy Surgeon General's Health Promotion and Wellness Award

22 March 2016

NAVY AND MARINE CORPS PUBLIC HEALTH CENTER

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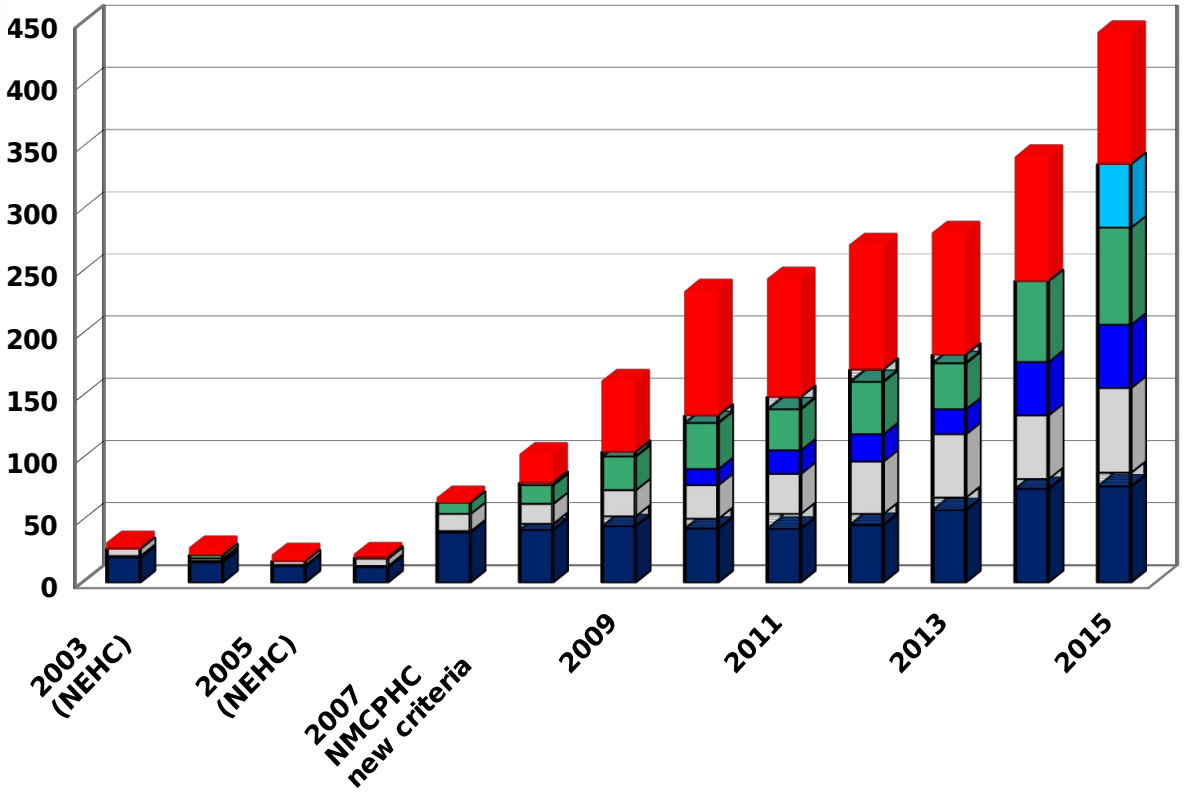
What is it?

- Annual award for excellence in health, wellness and fitness activities and policies in Navy workplaces
- All Navy commands are eligible
- Reporting period is the calendar year
- Three categories:
  - FLEET (including all Reserve NOSCs)
  - MEDICAL
  - SEMPER FIT CENTERS
- Awarded annually
  - Basic pennant plus -
  - annual streamer in Gold-Silver-Bronze

Who's Participating?

Navy and Marine Corps Public Health Center
Blue H - Navy Surgeon General's Health Promotion and Wellness Award;
Number and Type of Participating Commands, 2003-2015



Medical-version criteria topics

- (1) Clinical Primary Prevention Practice
  - (primary care health behavior assessment),
- (2) Community Health Services
  - (community assessment and support), and
- (3) Staff Health
  - policy/risk assessment
  - alcohol abuse prevention
  - injury prevention
  - Nutrition
  - physical activity
  - sexual health
  - psychological health
  - tobacco use
  - weight management

Why should Navy commands participate…?

- Measures
  - Conduct of evidence-based / best practice activities
  - Health status of the crew/staff
  - Return on investment
- Enables TYCOM-wide and Navy-wide comparison and analysis
- Recognizes efforts and best practices

Who is involved?

- Primary point of contact
  - (often the HP Director)
- Commanding Officer
- Managers of Primary Care Clinics
- Command Health and Wellness Committee

How to participate

- Branch clinics lead by OICs should apply separately from their parent MTF. Parent MTF gets bonus points.
- Download instructions, spreadsheet and “sample CO Letter”
- MTF staff complete web-based HRA at any time during the calendar year
- Score your activities, policies and HRA results on the spreadsheet
- In January of the following year:
  - Enter your scores into the on-line, Blue H web-tool
  - E-mail completed spreadsheet and CO Letter to NMCPHC

Success

- BRONZE ANCHOR:
  - Every organization that submits a report will receive at least the BRONZE ANCHOR award.

- SILVER EAGLE:
  - To achieve the SILVER EAGLE level award, a MEDICAL command must accumulate at least 50% of the total available points for every topic and category and must earn a minimum of 50% of the total available points.

- GOLD STAR:
  - To achieve the GOLD STAR level award, a MEDICAL command must accumulate at least 50% of the total available points for every topic and category and must earn a minimum of 80% of the total available points plus
    - Complete minimum HP training
    - Active community-level HPW committee
    - At least 50% of MILITARY staff members complete the Fleet and USMC HRA during the report period

Get help

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Blue H website is:

- http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/blue-h.aspx